



## SUMMARY OF CORE COMPONENTS: CALIFORNIA'S PROPOSITION 63: THE MENTAL HEALTH SERVICES ACT

Approved by voters through Proposition 63 in 2004, the Mental Health Services Act provides about \$1 billion annually for essential mental health services, including prevention and early intervention services, suicide prevention, treatment services, primarily through the Full Service Partnerships, supportive housing, and workforce development. This investment is devoted to reducing the long-term adverse impact of untreated mental illness, and supports progress towards statewide goals of serving children, transition age youth, adults, older adults and families with a spectrum of mental health needs.

### Prevention & Early Intervention

Investment in Prevention and Early Intervention programs allows lower costs and better outcomes to treat early stages of mental illness so more people don't have to reach a crisis point before they get help. First break—an individual's initial episode of severe mental illness—usually occurs in the late teens or early twenties. Intervention at the first sign of symptoms offers the best opportunity to make a significant, positive difference in both immediate and long-term outcomes.

California currently has **421 Prevention and Early Intervention (PEI)** programs in local communities throughout the state. These programs are especially critical to meeting local needs in ethnically and culturally diverse communities where there is increased stigma associated with mental illness. **Los Angeles County, for example, has established ten different Prevention and Early Intervention programs. In those programs in fiscal year 2011-12, approximately 95,000 people were contacted through outreach efforts, with services provided to about 61,000 of those individuals.**

#### *Trends in local Prevention and Early Intervention Strategies:<sup>1</sup>*

- 100% of counties have a program for at-risk children, youth, and young adults
- 95% of counties have a program addressing school failures or dropouts
- 86% of counties have a program to address mental health, as well as substance abuse.
- 86% of counties have a program to address the stigma of mental illness, a frequent barrier to people seeking services
- 78% of counties have a program to address the impact of trauma, often a cause of mental illness
- 76% of counties have a program related to reducing incarcerations
- 76% of counties have a program related to reducing suicide
- 76% of counties have a program to increase access to mental health services

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<sup>1</sup> [Prevention and Early Intervention: Trends Report 2011](#), Mental Health Services Oversight and Accountability Commission

- 69% of counties have a program targeting individuals experiencing the onset of serious psychiatric illness

## What's a "Full Service Partnership"?

Over 33,000 clients were served this year in 2012-13 through Full Service Partnerships, with the number of unduplicated slots growing over six-fold since 2006-07. The average duration of a client receiving Full Service Partnership services is two years.

- 2006-07 – 5,000 slots
- 2007-08 - 15,000 slots
- 2008-09 - 20,000 slots
- 2009-10 - 25,000 slots
- 2010-11 - 27,000 slots
- 2011-12 - 30,000 slots
- 2012-13 - 33,000 slots

"Full Service Partnerships" provide the most intensive level of services among the variety of Proposition 63 funded programs. These "partnerships" between a service provider and an individual or family are called "full service" because they are targeted to people needing a range of services and supports in order to recover from mental illness. This can include getting a safe place to live, a job, help in school, physical health care, clothing, food, or treatment when a mental illness and a substance use disorder are combined (co-occurring disorder). This "whatever it takes" approach to help people on their path to recovery and wellness is provided by a team 24 hours a day, 7 days a week.

Individuals of all ages are participating in Full Service Partnership programs in California. As the law states, the goal of Proposition 63-funded services is to reduce the negative outcomes resulting from untreated mental illness, including suicide, incarceration, school failure or dropout, unemployment, prolonged suffering, homelessness, and removal of children from their family homes.

## Proposition 63 Saving Taxpayers Millions

Studies by the University of California – Los Angeles (UCLA)<sup>2,3</sup> found:

- An average of 62% of the cost of providing a Proposition 63 funded Full Service Partnership is offset in savings in public money through reduced incarceration, reduced psychiatric hospitalization, reduced hospitalization for physical health, and reduced acute nursing needs. In two years, the public saved \$85 million by investing in proper care. (UCLA, July 2012) Proposition 63 services are reducing homelessness, acute psychiatric hospitalizations, arrests and incarcerations (UCLA, May 2011).

<sup>2</sup> [Mental Health Service Act Community Services and Supports \(CSS\) EVALUATION BRIEF Summary and Synthesis of Findings on CSS Consumer Outcomes](#), UCLA Center for Healthier Children, Youth and Families (May 2011)

<sup>3</sup> [Full Service Partnerships: California's Investment to Support Children and Transition-Age Youth with Serious Emotional Disturbance and Adults and Older Adults with Severe Mental Illness](#), UCLA Center for Healthier Children, Youth and Families (July 2012)

A study of Proposition 63 Full Service Partnerships conducted by the University of California – Berkeley Petris Center<sup>4</sup> found:

- The proportion of consumers living independently after 12 months increased by approximately 20% and consumers were able to maintain self-sufficiency beyond a year in the program.
- After 12 months, the odds of using mental health-related emergency services were 67% lower for clients in a Prop. 63 Full Service Partnership compared to those receiving usual care.
- The probability of being arrested dropped by 56% compared to those receiving usual care.
- Employment outcomes improved by 25% after 12 months.
- General wellness, including the reduction of psychiatric symptoms, the ability to take care of one's needs, and being better able to deal with problems, increased by 27% compared to those receiving usual care.

Los Angeles County, which comprises about one-third of the state, has achieved these outcomes for clients receiving Proposition 63 services:

- 69% fewer days spent homeless
- 21% fewer days in acute psychiatric hospitalization
- 90% fewer days in other types of hospitals
- 46% fewer days incarcerated

## Housing Assistance for the Homeless Mentally Ill

As part of community services and supports, \$400 million of Mental Health Services Act (MHSA) funds were set-aside for counties to use to develop permanent supportive housing for the homeless mentally ill and their families. The funds are used for capital and operating subsidy support, as clients pay a subsidized rent (typically 30 percent of SSI). Since May 2009 to date, the money has funded 1,919 units:

- 1,374 units are complete (\$141.3 million)
- 545 units are in the pipeline for completion (\$68.6 million)
- \$100 million is being used (completed projects) or reserved (projects in pipeline) for operating subsidy support
- \$92 million in MHSA funds remain for upcoming housing

However, MHSA funds are also leveraging much more housing for the homeless mentally ill. For example, LA County reports 791 housing units funded with the MHSA dedicated housing funds, but FSP funds are used to leverage federal housing grants to provide another 1,134 units for MHSA clients. In Sacramento County, MHSA dedicated housing funds have created 123 units; the county has another 497 units of housing for the homeless mentally ill through leveraging MHSA monies with other funds.

## A real world example of how Prop. 63 funds are used with other funds to meet a client's needs

*An adult, homeless female goes to a Sacramento hospital emergency room because she is struggling with symptoms of her mental illness. A licensed clinical social worker assesses her, and a licensed clinical social worker determines that, as a result of her mental illness, she's been having suicidal thoughts and feeling hopeless about her life. She is transported to the county's Mental Health Treatment Center for further evaluation and*

### Funding sources:

- Hospital funding sources
- 1991 Realignment
- County General Funds
- Medi-Cal

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<sup>4</sup> [Evidence on the Effectiveness of Full Service Partnership Programs in California's Public Mental Health System](#), Nicholas C. Petris Center on Health Care Markets and Consumer Welfare, School of Public Health, University of California, Berkeley (May 2010)

treatment. The Treatment Center’s team learns that she has a long history of being homeless, is indigent, and could benefit from intensive services and supports.

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| <i>The Treatment Center sends a referral packet to the county’s Access Unit, requesting to refer the client to the Transitional Living and Community Support program at New Direction, as well as to the Sacramento Multiple Resource Team to apply for Social Security benefits. The Access Team determines the client meets medical necessity criteria for available programs, and arranges for New Direction to begin serving her.</i> | <ul style="list-style-type: none"> <li>• Prop. 63</li> <li>• 1991 Realignment</li> <li>• Medi-Cal</li> </ul>   |
| <i>New Direction staff review the clinical packet they receive from the Treatment Center. New Direction works with the client and the Treatment Center to develop a discharge plan for her. After discussing available options, the client decides she’d like to get off the streets and be housed, as well as start getting help with her mental illness.</i>  | <ul style="list-style-type: none"> <li>• Prop. 63</li> </ul>   |
| <i>New Direction drives the client to Palmer Apartments where she can live safely on an interim basis. New Direction helps the client apply for General Assistance, follows up on the referral to SMART for Social Security, confirms that she meets eligibility for services, and offers an array of specialty mental health services to her.</i>  | <ul style="list-style-type: none"> <li>• Prop. 63</li> <li>• Federal PATH</li> <li>• Medi-Cal and/or Medicare</li> <li>• Social Security</li> <li>• Federal HUD</li> <li>• Redevelopment Agency</li> <li>• County Dept. of Human Assistance</li> </ul> |
| <i>Staff at New Direction and Palmer Apartments review local available housing resources and talk with the client about her needs and preferences. The client moves from Palmer Apartments, to an apartment at Boulevard Court, which will provide permanent supportive housing for her, as well as provide ongoing mental health services to her.</i>  | <ul style="list-style-type: none"> <li>• Prop. 63</li> <li>• Medi-Cal and/or Medicare</li> <li>• Mercy Housing California</li> </ul>   |

## Proposition 63 Workforce, Education and Training

One component of Proposition 63 is to build a stronger and more diverse mental health workforce. A ten-year investment of \$444.5 million in Proposition 63 funds was set aside for programs to recruit and train employees at all levels. About half (\$228 million) of these funds are for local and regional strategies, and the other half (\$216.5 million) for statewide approaches.

To attract new people to work in the mental health field, efforts are being made throughout California to recruit high school students into these careers, and offer loan repayment, scholarships, and stipends to people who want to pursue mental health careers.

Since fiscal year 2008-09, over 1,700 students have benefited from a new mental health loan assumption program, and over 1,100 graduate or nursing students have received stipends to help with the cost of their schooling (900 Master’s in Social Work students, 81 Master’s in Marriage & Family Therapy students, 128 Clinical Psychology PhD students, and 31 psychiatric nurse mental health practitioners).